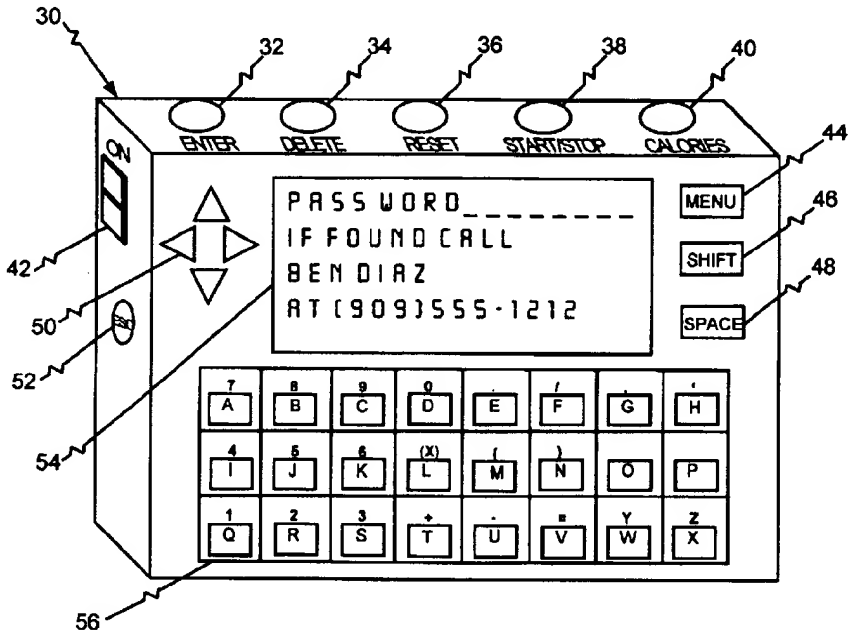
30
32
34
36
38
40
44
46
48
42
50
52
54
56
ENTER
DELETE
RESET
START/STOP
CALORIES
ON
PASSWORD_____
IF FOUND CALL
BEN DIAZ
AT (909)555-1212
MENU
SHIFT
SPACE

Fig 1

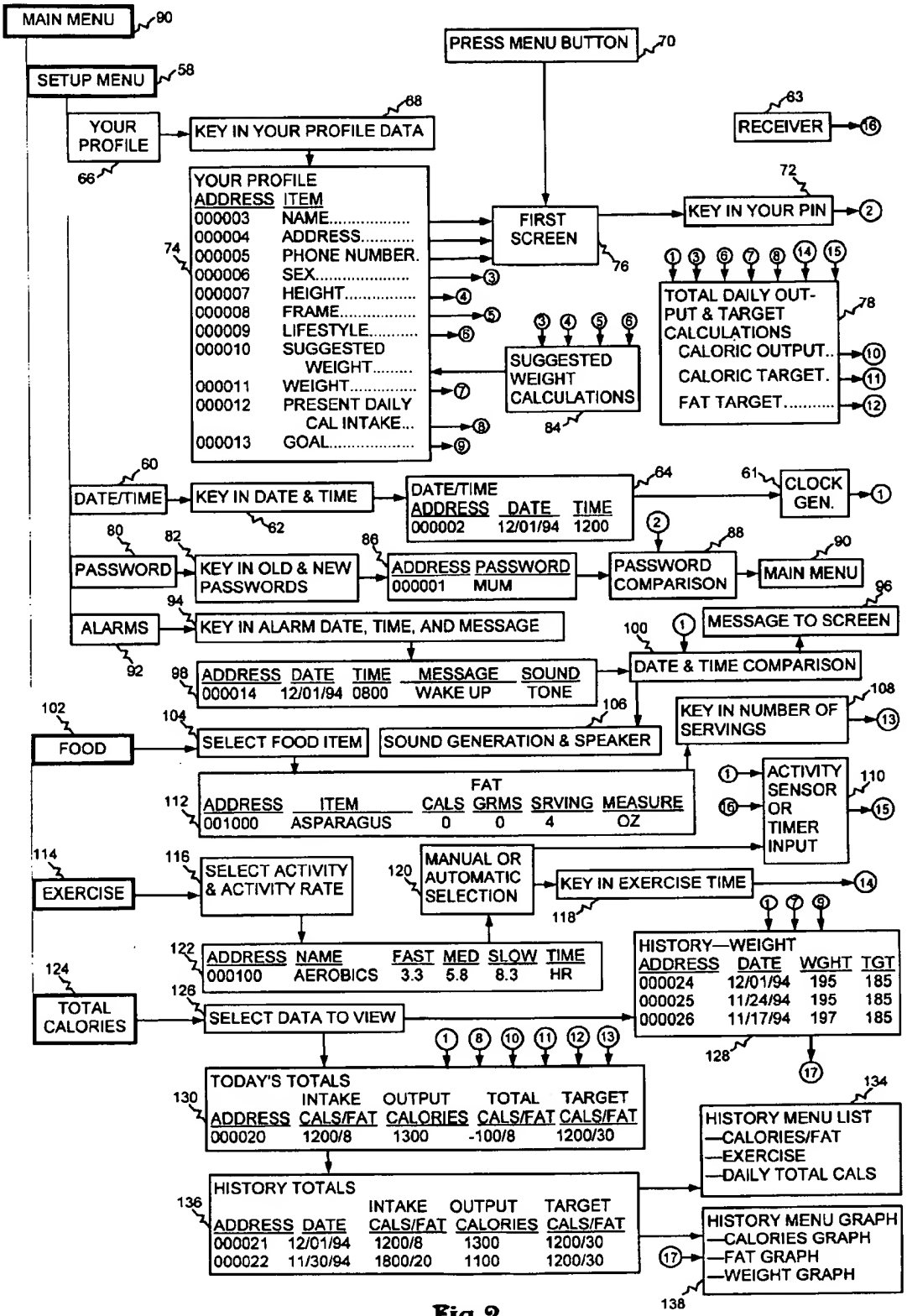
MAIN MENU
90
SETUP MENU
58
YOUR PROFILE
66
KEY IN YOUR PROFILE DATA
68
YOUR PROFILE
ADDRESS ITEM
000003 NAME.....
000004 ADDRESS.....
000005 PHONE NUMBER.
000006 SEX.....
000007 HEIGHT.....
000008 FRAME.....
000009 LIFESTYLE.....
000010 SUGGESTED WEIGHT.....
000011 WEIGHT.....
000012 PRESENT DAILY CAL INTAKE...
000013 GOAL.....
74
PRESS MENU BUTTON
70
FIRST SCREEN
76
SUGGESTED WEIGHT CALCULATIONS
84
RECEIVER
63
KEY IN YOUR PIN
72
TOTAL DAILY OUTPUT & TARGET CALCULATIONS
CALORIC OUTPUT..
CALORIC TARGET.
FAT TARGET.....
78
DATE/TIME
60
KEY IN DATE & TIME
62
DATE/TIME
ADDRESS DATE TIME
000002 12/01/94 1200
64
CLOCK GEN.
61
PASSWORD
80
KEY IN OLD & NEW PASSWORDS
82
ADDRESS PASSWORD
000001 MUM
86
PASSWORD COMPARISON
88
MAIN MENU
90
ALARMS
92
KEY IN ALARM DATE, TIME, AND MESSAGE
94
ADDRESS DATE TIME MESSAGE SOUND
000014 12/01/94 0800 WAKE UP TONE
98
MESSAGE TO SCREEN
96
DATE & TIME COMPARISON
100
KEY IN NUMBER OF SERVINGS
108
FOOD
102
SELECT FOOD ITEM
104
SOUND GENERATION & SPEAKER
106
FAT
ADDRESS ITEM CALS GRMS SRVING MEASURE
001000 ASPARAGUS 0 0 4 OZ
112
ACTIVITY SENSOR OR TIMER INPUT
110
EXERCISE
114
SELECT ACTIVITY & ACTIVITY RATE
116
MANUAL OR AUTOMATIC SELECTION
120
KEY IN EXERCISE TIME
118
ADDRESS NAME FAST MED SLOW TIME
000100 AEROBICS 3.3 5.8 8.3 HR
122
HISTORY—WEIGHT
ADDRESS DATE WGHT TGT
000024 12/01/94 195 185
000025 11/24/94 195 185
000026 11/17/94 197 185
128
TOTAL CALORIES
124
SELECT DATA TO VIEW
126
TODAY'S TOTALS
ADDRESS INTAKE CALS/FAT OUTPUT CALORIES TOTAL CALS/FAT TARGET CALS/FAT
000020 1200/8 1300 -100/8 1200/30
130
HISTORY TOTALS
ADDRESS DATE INTAKE CALS/FAT OUTPUT CALORIES TARGET CALS/FAT
000021 12/01/94 1200/8 1300 1200/30
000022 11/30/94 1800/20 1100 1200/30
136
HISTORY MENU LIST
—CALORIES/FAT
—EXERCISE
—DAILY TOTAL CALS
134
HISTORY MENU GRAPH
—CALORIES GRAPH
—FAT GRAPH
—WEIGHT GRAPH
138

Fig 2

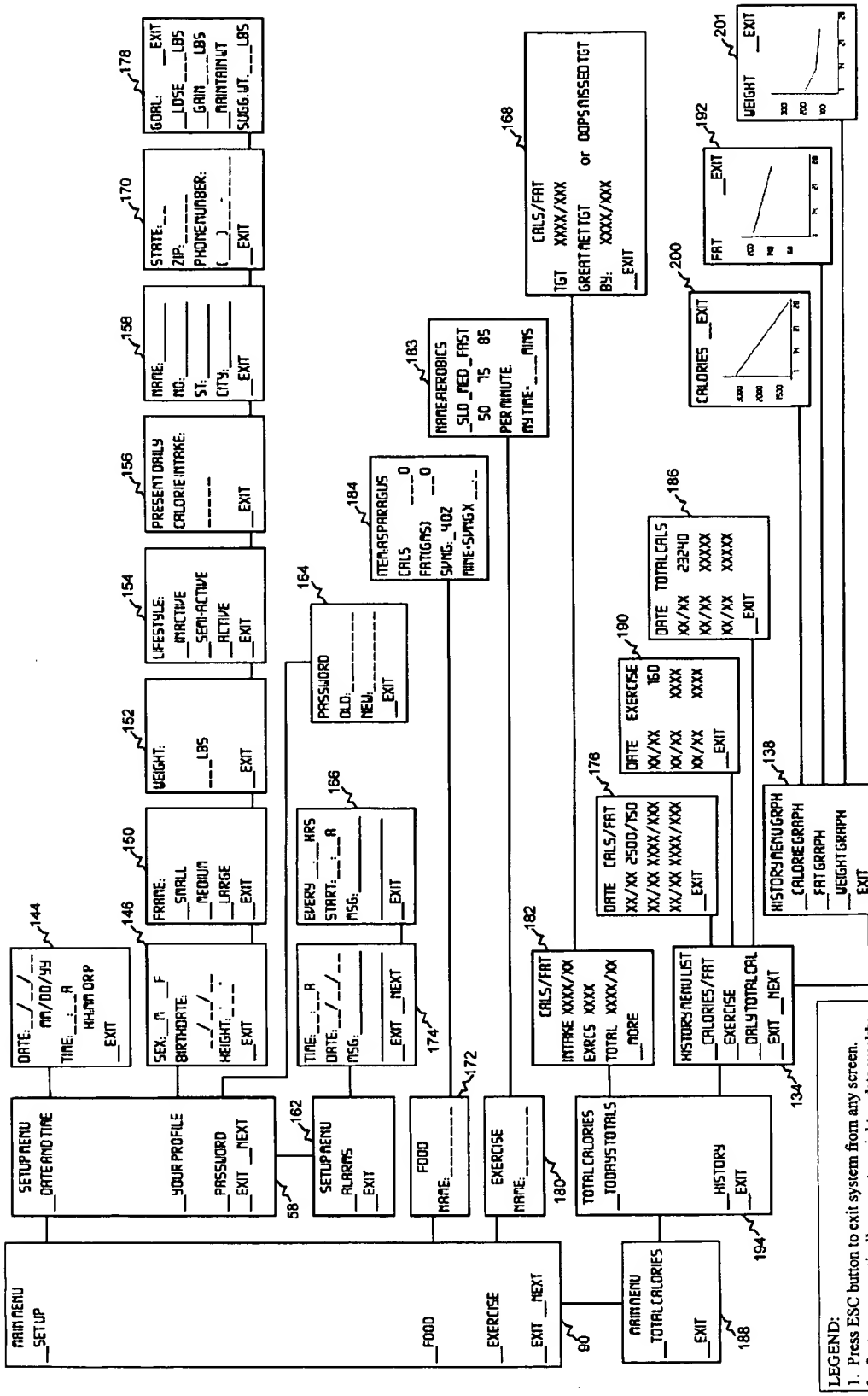
MAIN MENU
SETUP
FOOD
EXERCISE
EXIT NEXT
90
SETUP MENU
DATE AND TIME
YOUR PROFILE
PASSWORD
EXIT NEXT
58
DATE: __/__/__
MM/DD/YY
TIME: __:__ A
HH:MM OR P
EXIT
144
SEX: M F
BIRTHDATE: __/__/__
HEIGHT: ___
EXIT
146
FRAME: SMALL MEDIUM LARGE EXIT
150
WEIGHT: ___ LBS
EXIT
152
LIFESTYLE: INACTIVE SEMI-ACTIVE ACTIVE EXIT
154
PRESENT DAILY CALORIE INTAKE: _____
EXIT
156
NAME:
NO:
ST:
CITY:
EXIT
158
STATE:
ZIP:
PHONE NUMBER: (__)___-____
EXIT
170
GOAL: EXIT
LOSE ___ LBS
GAIN ___ LBS
MAINTAIN WT
SUGG. WT. ___ LBS
178
SETUP MENU
ALARMS
EXIT
162
EVERY ___ HRS
START: __:__ A
MSG:
EXIT
166
TIME: __:__ A
DATE: __/__/__
MSG:
EXIT NEXT
174
PASSWORD
OLD:
NEW:
EXIT
164
ITEM: ASPARAGUS
CALS ___.0
FAT(GMS) __.0
SVNG. 402
NAME: SVNG X ___
184
NAME: AEROBICS
SLO MED FAST
50 75 85
PER MINUTE.
MY TIME: ___ MINS
183
FOOD
NAME:
172
EXERCISE
NAME:
180
CALS/FAT
INTAKE XXXX/XX
EXERCS XXXX
TOTAL XXXX/XX
MORE
182
CALS/FAT
TGT XXXX/XXX
GREAT NET TGT or OOPS MISSED TGT
BY: XXXX/XXX
EXIT
168
DATE CALS/FAT
XX/XX 2500/150
XX/XX XXXX/XXX
XX/XX XXXX/XXX
EXIT
176
DATE EXERCISE 150
XX/XX XXXX
XX/XX XXXX
XX/XX XXXX
EXIT
190
DATE TOTAL CALS
XX/XX 2324D
XX/XX XXXXX
XX/XX XXXXX
EXIT
186
TOTAL CALORIES
TODAYS TOTALS
HISTORY
EXIT
194
MAIN MENU
TOTAL CALORIES
EXIT
188
HISTORY MENU LIST
CALORIES/FAT
EXERCISE
DAILY TOTAL CAL
EXIT NEXT
134
HISTORY MENU GRPH
CALORIE GRAPH
FAT GRAPH
WEIGHT GRAPH
EXIT
138
CALORIES EXIT
200
FAT EXIT
192
WEIGHT EXIT
201
LEGEND:
1. Press ESC button to exit system from any screen.
2. System automatically requests weight update weekly.

Fig 3

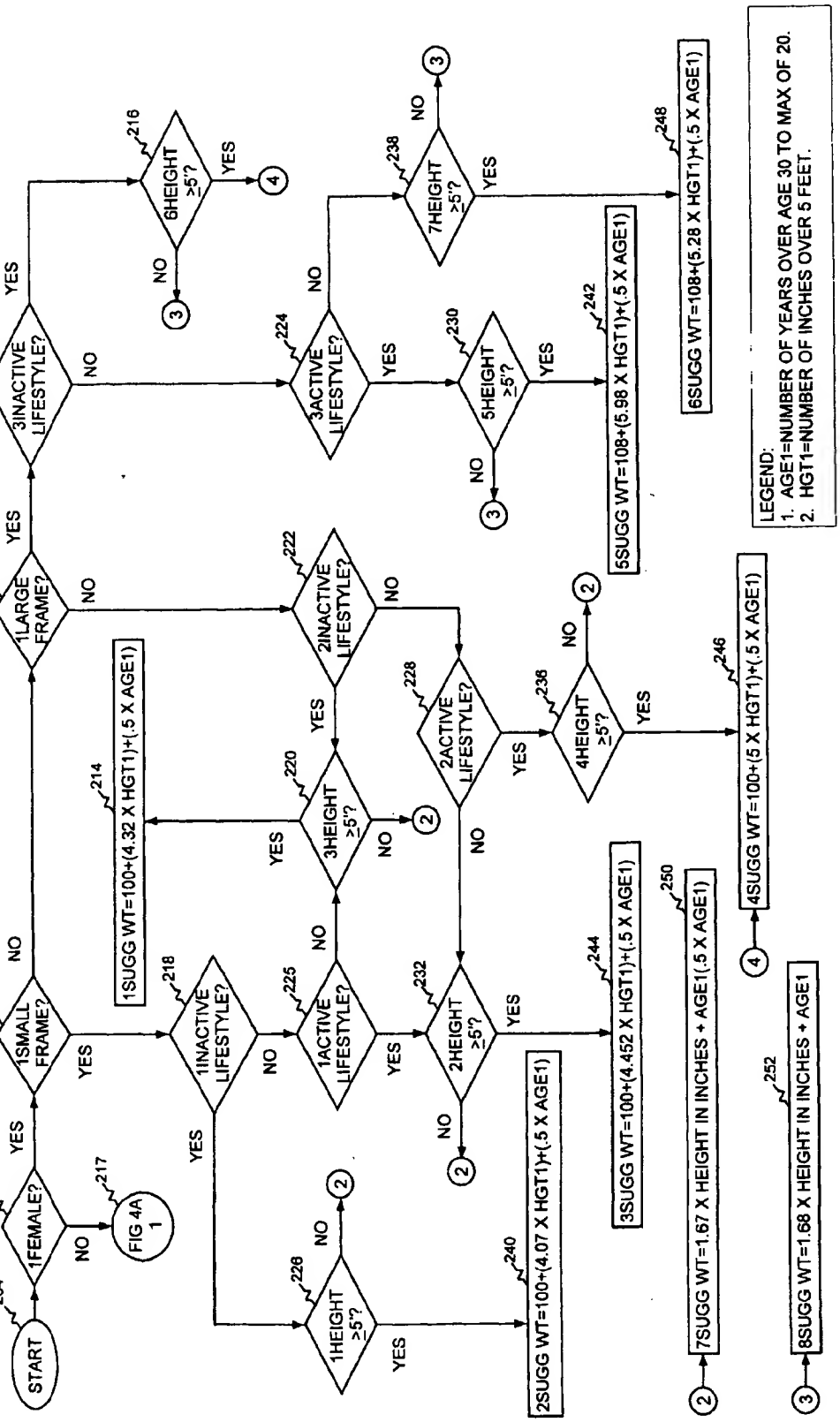
START
1FEMALE?
1SMALL FRAME?
1LARGE FRAME?
3INACTIVE LIFESTYLE?
6HEIGHT ≥5'?
1INACTIVE LIFESTYLE?
1ACTIVE LIFESTYLE?
2HEIGHT ≥5'?
2INACTIVE LIFESTYLE?
3ACTIVE LIFESTYLE?
5HEIGHT ≥5'?
7HEIGHT ≥5'?
3HEIGHT ≥5'?
2ACTIVE LIFESTYLE?
4HEIGHT ≥5'?
1HEIGHT ≥5'?
FIG 4A 1
1SUGG WT=100+(4.32 X HGT1)+(.5 X AGE1)
2SUGG WT=100+(4.07 X HGT1)+(.5 X AGE1)
3SUGG WT=100+(4.452 X HGT1)+(.5 X AGE1)
4SUGG WT=100+(5 X HGT1)+(.5 X AGE1)
5SUGG WT=108+(5.98 X HGT1)+(.5 X AGE1)
6SUGG WT=108+(5.28 X HGT1)+(.5 X AGE1)
7SUGG WT=1.67 X HEIGHT IN INCHES + AGE1(.5 X AGE1)
8SUGG WT=1.68 X HEIGHT IN INCHES + AGE1
LEGEND:
1. AGE1=NUMBER OF YEARS OVER AGE 30 TO MAX OF 20.
2. HGT1=NUMBER OF INCHES OVER 5 FEET.

Fig 4

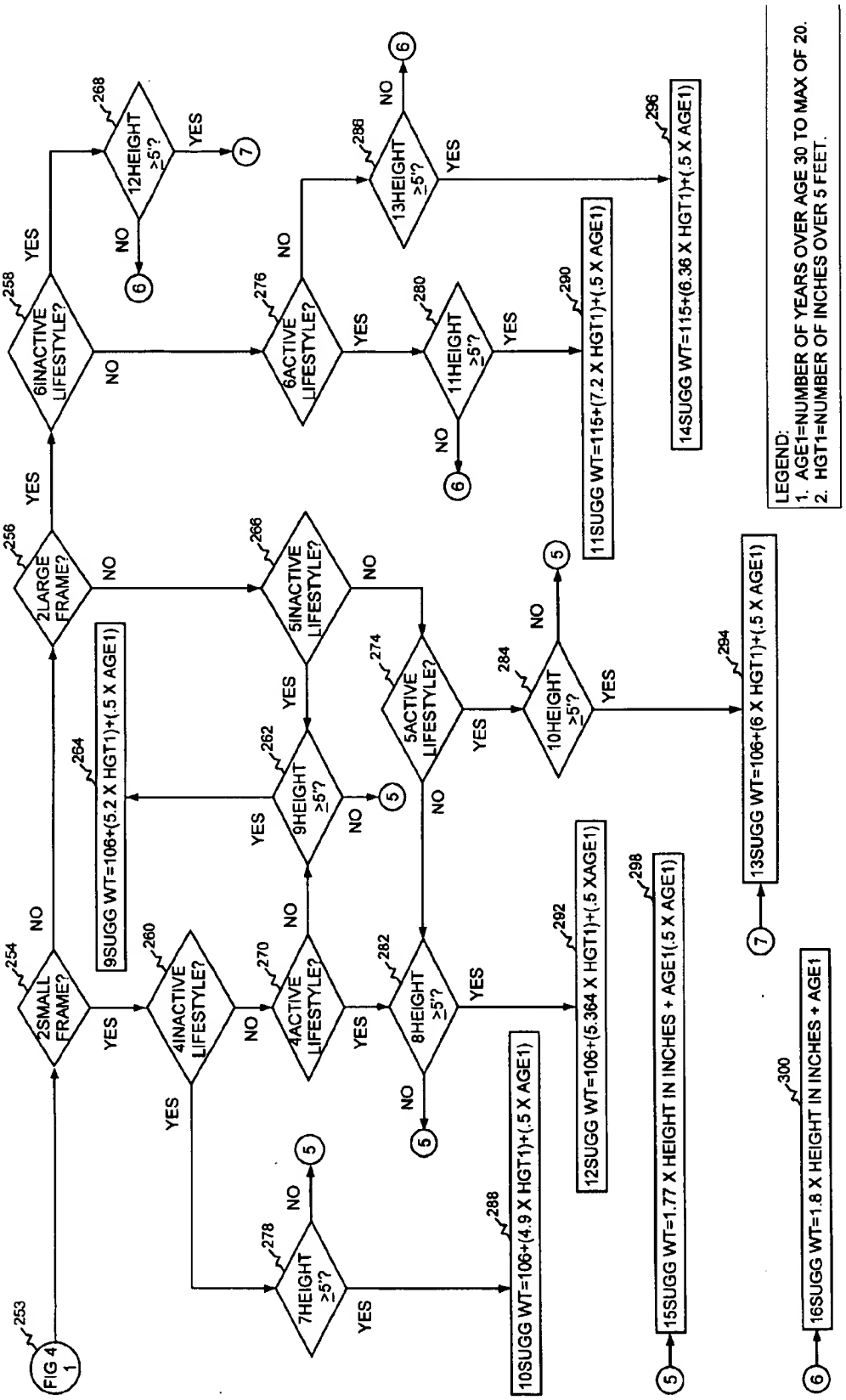
253
FIG 4 1
254 2SMALL FRAME?
256 2LARGE FRAME?
258 6INACTIVE LIFESTYLE?
260 4INACTIVE LIFESTYLE?
262 9HEIGHT ≥5'?
264 9SUGG WT=106+(5.2 X HGT1)+(.5 X AGE1)
266 5INACTIVE LIFESTYLE?
268 12HEIGHT ≥5'?
270 4ACTIVE LIFESTYLE?
274 5ACTIVE LIFESTYLE?
276 6ACTIVE LIFESTYLE?
278 7HEIGHT ≥5'?
280 11HEIGHT ≥5'?
282 8HEIGHT ≥5'?
284 10HEIGHT ≥5'?
286 13HEIGHT ≥5'?
288 10SUGG WT=106+(4.9 X HGT1)+(.5 X AGE1)
290 11SUGG WT=115+(7.2 X HGT1)+(.5 X AGE1)
292 12SUGG WT=106+(5.364 X HGT1)+(.5 XAGE1)
294 13SUGG WT=106+(6 X HGT1)+(.5 X AGE1)
296 14SUGG WT=115+(6.36 X HGT1)+(.5 X AGE1)
298 15SUGG WT=1.77 X HEIGHT IN INCHES + AGE1(.5 X AGE1)
300 16SUGG WT=1.8 X HEIGHT IN INCHES + AGE1
YES
NO
LEGEND:
1. AGE1=NUMBER OF YEARS OVER AGE 30 TO MAX OF 20.
2. HGT1=NUMBER OF INCHES OVER 5 FEET.

Fig 4A

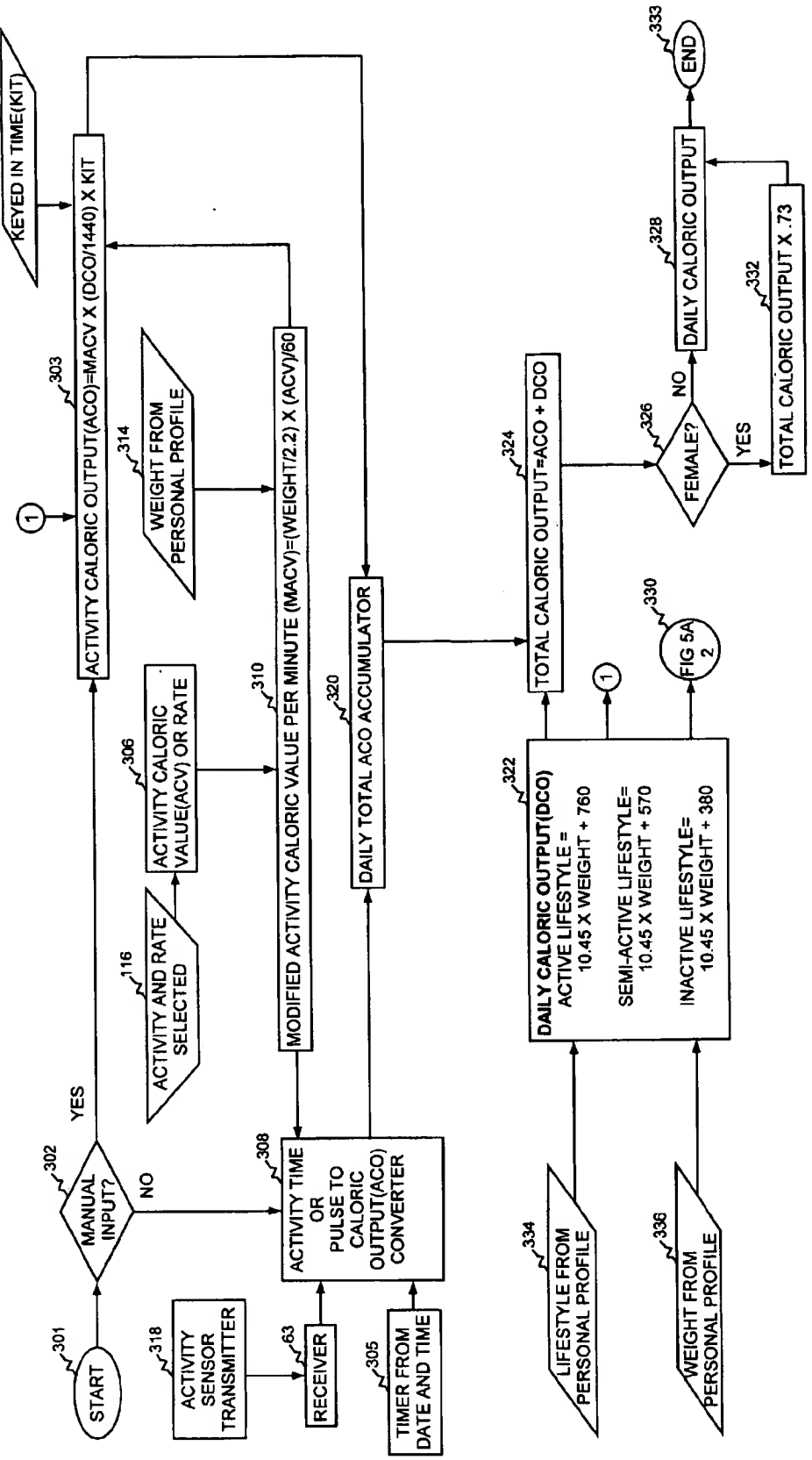
301
START
302
MANUAL INPUT?
YES
NO
303
ACTIVITY CALORIC OUTPUT(ACO)=MACV X (DCO/1440) X KIT
305
TIMER FROM DATE AND TIME
306
ACTIVITY CALORIC VALUE(ACV) OR RATE
308
ACTIVITY TIME OR PULSE TO CALORIC OUTPUT(ACO) CONVERTER
310
MODIFIED ACTIVITY CALORIC VALUE PER MINUTE (MACV)=(WEIGHT/2.2) X (ACV)/60
314
WEIGHT FROM PERSONAL PROFILE
316
KEYED IN TIME(KIT)
318
ACTIVITY SENSOR TRANSMITTER
320
DAILY TOTAL ACO ACCUMULATOR
322
DAILY CALORIC OUTPUT(DCO)
ACTIVE LIFESTYLE = 10.45 X WEIGHT + 760
SEMI-ACTIVE LIFESTYLE= 10.45 X WEIGHT + 570
INACTIVE LIFESTYLE= 10.45 X WEIGHT + 380
324
TOTAL CALORIC OUTPUT=ACO + DCO
326
FEMALE?
NO
YES
328
DAILY CALORIC OUTPUT
330
FIG 5A 2
332
TOTAL CALORIC OUTPUT X .73
333
END
334
LIFESTYLE FROM PERSONAL PROFILE
336
WEIGHT FROM PERSONAL PROFILE
63
RECEIVER
116
ACTIVITY AND RATE SELECTED
1

Fig 5

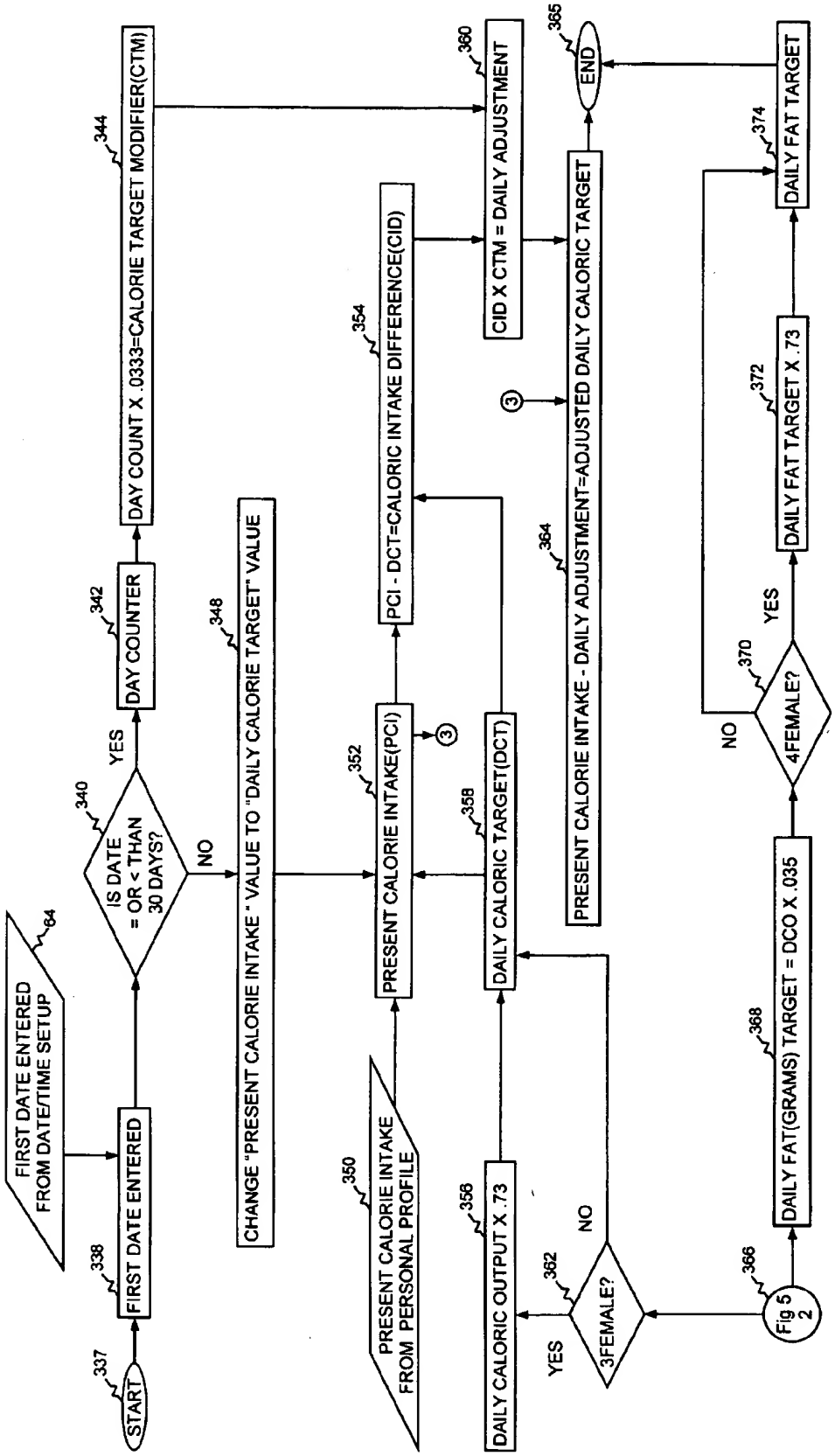
START
337
FIRST DATE ENTERED
338
FIRST DATE ENTERED FROM DATE/TIME SETUP
64
IS DATE = OR < THAN 30 DAYS?
340
YES
NO
DAY COUNTER
342
DAY COUNT X .0333=CALORIE TARGET MODIFIER(CTM)
344
CHANGE "PRESENT CALORIE INTAKE" VALUE TO "DAILY CALORIE TARGET" VALUE
348
PRESENT CALORIE INTAKE(PCI)
352
PRESENT CALORIE INTAKE FROM PERSONAL PROFILE
350
PCI - DCT=CALORIC INTAKE DIFFERENCE(CID)
354
DAILY CALORIC TARGET(DCT)
358
DAILY CALORIC OUTPUT X .73
356
3FEMALE?
362
YES
NO
CID X CTM = DAILY ADJUSTMENT
360
PRESENT CALORIE INTAKE - DAILY ADJUSTMENT=ADJUSTED DAILY CALORIC TARGET
364
END
365
4FEMALE?
370
YES
NO
DAILY FAT TARGET X .73
372
DAILY FAT TARGET
374
DAILY FAT(GRAMS) TARGET = DCO X .035
368
Fig 5 2
366
1
2
3

Fig 5A

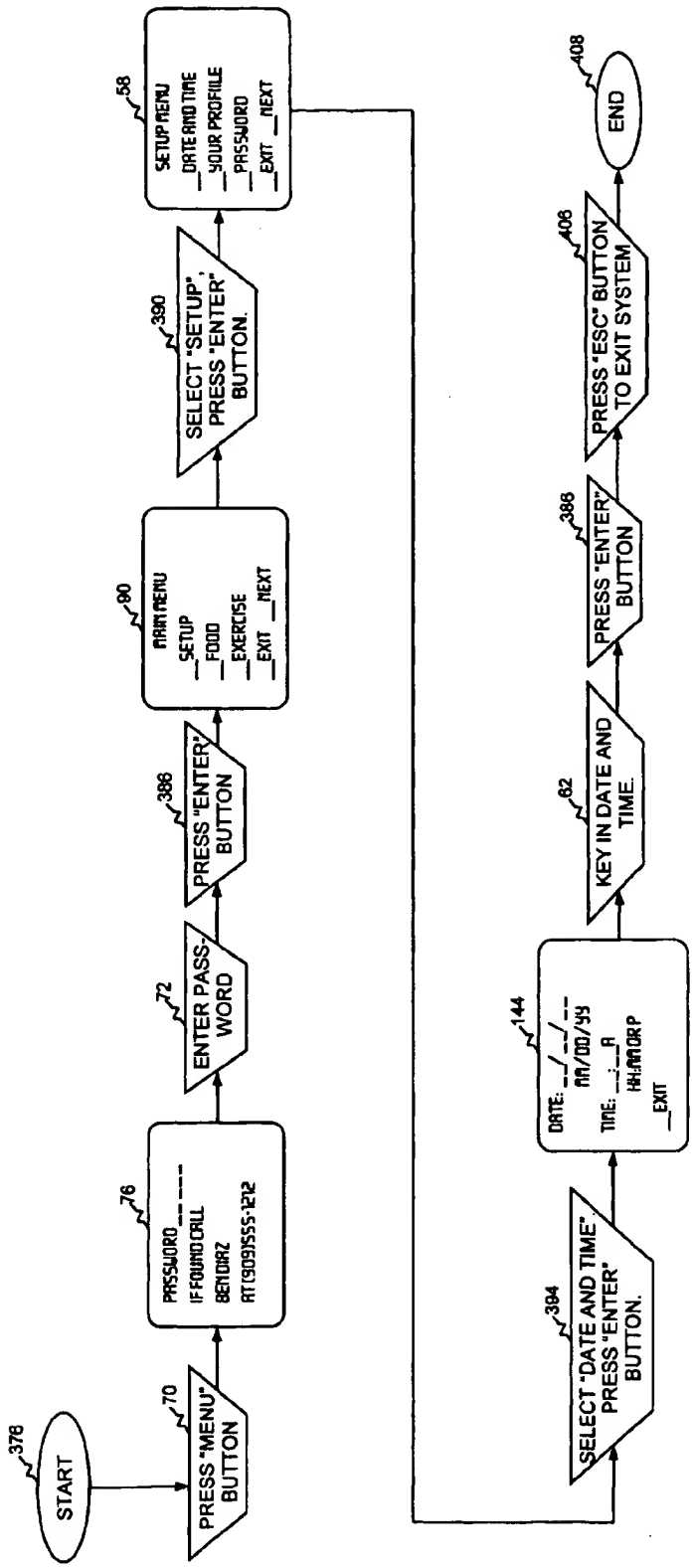
START
378
PRESS "MENU" BUTTON
70
PASSWORD _ _ _ _
IF FOUND CALL
BEN DIAZ
AT (909)555-1212
76
ENTER PASS-WORD
72
PRESS "ENTER" BUTTON
386
MAIN MENU
_SETUP
_FOOD
_EXERCISE
_EXIT _NEXT
90
SELECT "SETUP", PRESS "ENTER" BUTTON.
390
SETUP MENU
_DATE AND TIME
_YOUR PROFILE
_PASSWORD
_EXIT _NEXT
58
SELECT "DATE AND TIME" PRESS "ENTER" BUTTON.
394
DATE: _ _/_ _/_ _
MM/DD/YY
TIME: _ _:_ _ A
HH:MM OR P
_EXIT
144
KEY IN DATE AND TIME.
82
PRESS "ENTER" BUTTON
386
PRESS "ESC" BUTTON TO EXIT SYSTEM
406
END
408

Fig 6

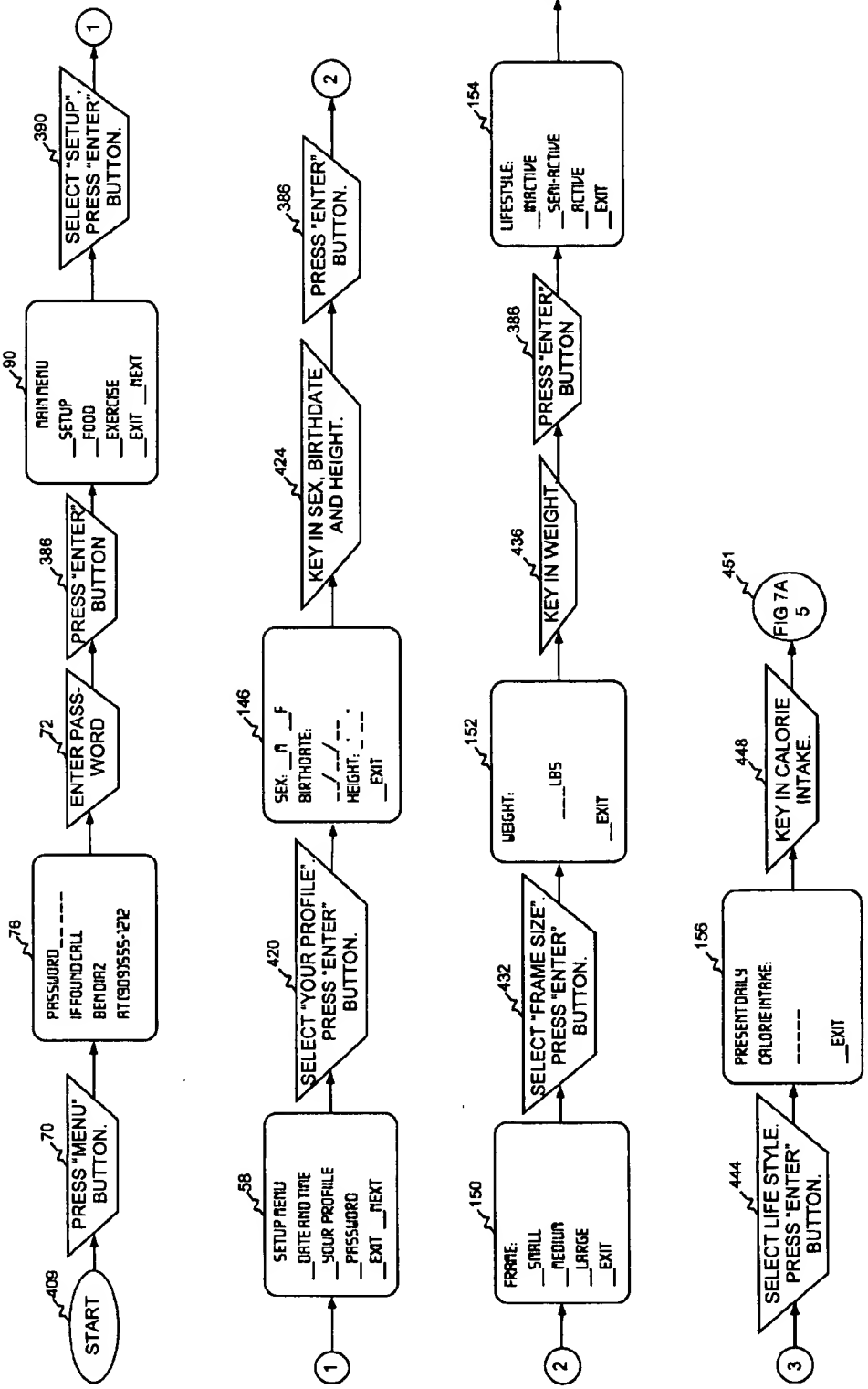
409
START
70
PRESS "MENU" BUTTON.
76
PASSWORD _ _ _ _
IF FOUND CALL
BEN DIAZ
AT (909)555-1212
72
ENTER PASS-WORD
386
PRESS "ENTER" BUTTON
90
MAIN MENU
_SETUP
_FOOD
_EXERCISE
_EXIT _NEXT
390
SELECT "SETUP", PRESS "ENTER" BUTTON.
1
58
SETUP MENU
_DATE AND TIME
_YOUR PROFILE
_PASSWORD
_EXIT _NEXT
420
SELECT "YOUR PROFILE", PRESS "ENTER" BUTTON.
146
SEX: _M _F
BIRTHDATE:
_ _/_ _/_ _
HEIGHT: _ _ _
_EXIT
424
KEY IN SEX, BIRTHDATE AND HEIGHT.
386
PRESS "ENTER" BUTTON.
2
150
FRAME:
_SMALL
_MEDIUM
_LARGE
_EXIT
432
SELECT "FRAME SIZE", PRESS "ENTER" BUTTON.
152
WEIGHT:
_ _ _LBS
_EXIT
436
KEY IN WEIGHT
386
PRESS "ENTER" BUTTON
154
LIFESTYLE:
_INACTIVE
_SEMI-ACTIVE
_ACTIVE
_EXIT
3
156
PRESENT DAILY CALORIE INTAKE:
_ _ _ _ _
_EXIT
444
SELECT LIFE STYLE. PRESS "ENTER" BUTTON.
448
KEY IN CALORIE INTAKE.
451
FIG 7A 5

Fig 7

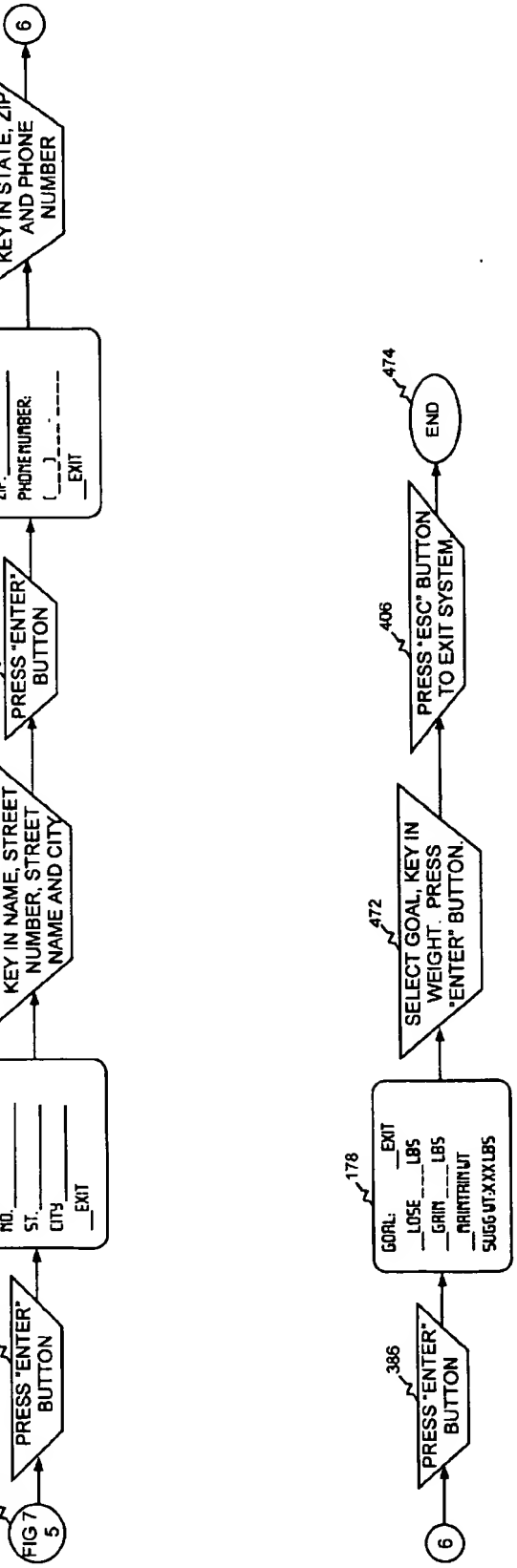
FIG 7
5
452
PRESS "ENTER" BUTTON
386
NAME:
NO.
ST.
CITY
EXIT
158
KEY IN NAME, STREET NUMBER, STREET NAME AND CITY
456
PRESS "ENTER" BUTTON
386
STATE:
ZIP.
PHONE NUMBER:
( ) -
EXIT
170
KEY IN STATE, ZIP AND PHONE NUMBER
464
6
6
PRESS "ENTER" BUTTON
386
GOAL:
LOSE LBS
GAIN LBS
MAINTAIN UT
SUGG UT:XXX LBS
EXIT
178
SELECT GOAL, KEY IN WEIGHT. PRESS "ENTER" BUTTON.
472
PRESS "ESC" BUTTON TO EXIT SYSTEM.
406
END
474

Fig 7A

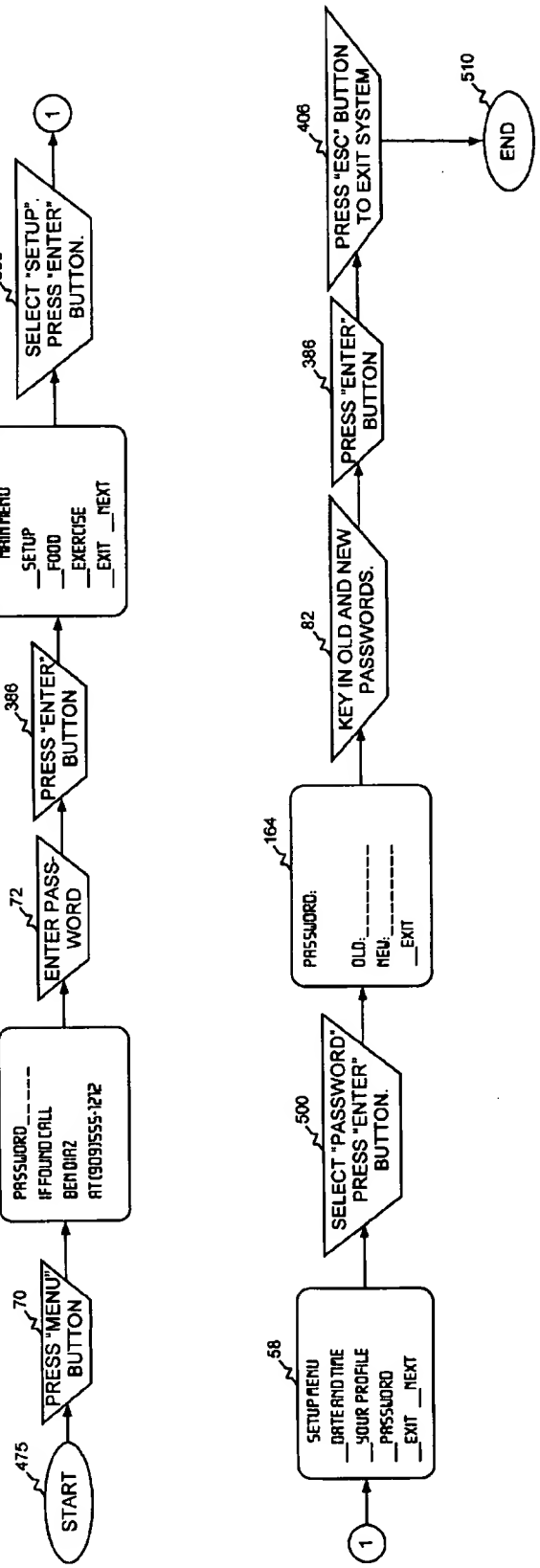
475
START
70
PRESS "MENU" BUTTON
76
PASSWORD____
IF FOUND CALL
BEN DIAZ
AT(909)555-1212
72
ENTER PASS-WORD
386
PRESS "ENTER" BUTTON
80
MAIN MENU
_SETUP
_FOOD
_EXERCISE
_EXIT _NEXT
390
SELECT "SETUP" PRESS "ENTER" BUTTON.
1
58
SETUP MENU
_DATE AND TIME
_YOUR PROFILE
_PASSWORD
_EXIT _NEXT
500
SELECT "PASSWORD" PRESS "ENTER" BUTTON.
164
PASSWORD:
OLD:_____
NEW:_____
_EXIT
82
KEY IN OLD AND NEW PASSWORDS.
386
PRESS "ENTER" BUTTON
406
PRESS "ESC" BUTTON TO EXIT SYSTEM
510
END

Fig 8

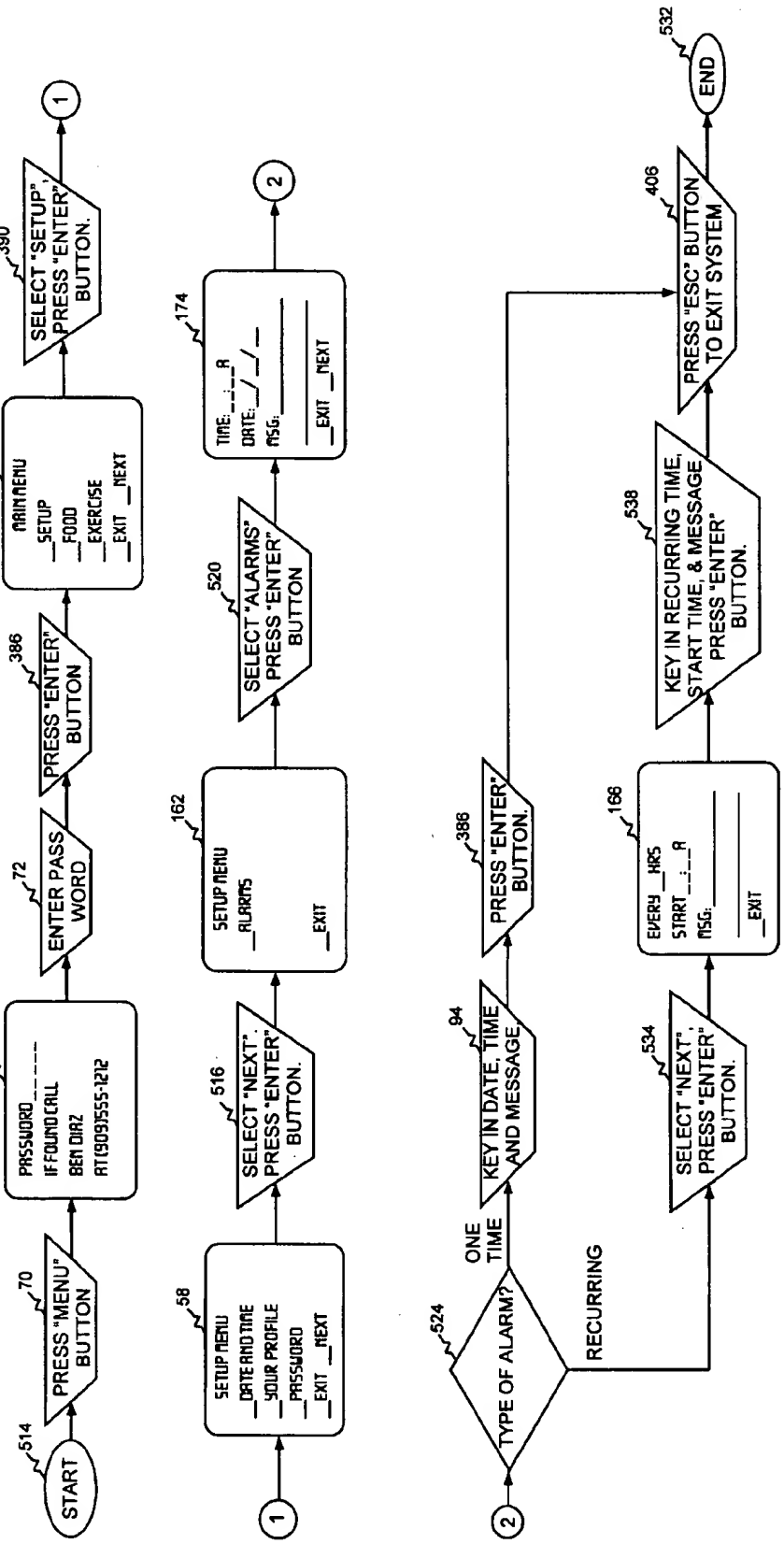
514
START
70
PRESS "MENU" BUTTON
76
PASSWORD_____
IF FOUND CALL
BEN DIAZ
AT (909)555-1212
72
ENTER PASS WORD
386
PRESS "ENTER" BUTTON
90
MAIN MENU
_SETUP
_FOOD
_EXERCISE
_EXIT _NEXT
390
SELECT "SETUP", PRESS "ENTER" BUTTON.
1
58
SETUP MENU
_DATE AND TIME
_YOUR PROFILE
_PASSWORD
_EXIT _NEXT
516
SELECT "NEXT", PRESS "ENTER" BUTTON.
162
SETUP MENU
_ALARMS
_EXIT
520
SELECT "ALARMS" PRESS "ENTER" BUTTON
2
174
TIME:__:__A
DATE:__/__/__
MSG:_____
_____
_EXIT _NEXT
1
2
524
TYPE OF ALARM?
ONE TIME
RECURRING
94
KEY IN DATE, TIME AND MESSAGE
386
PRESS "ENTER" BUTTON.
166
EVERY __HRS
START__:__A
MSG:_____
_____
_EXIT
534
SELECT "NEXT", PRESS "ENTER" BUTTON.
538
KEY IN RECURRING TIME, START TIME, & MESSAGE PRESS "ENTER" BUTTON.
406
PRESS "ESC" BUTTON TO EXIT SYSTEM
532
END

Fig 9

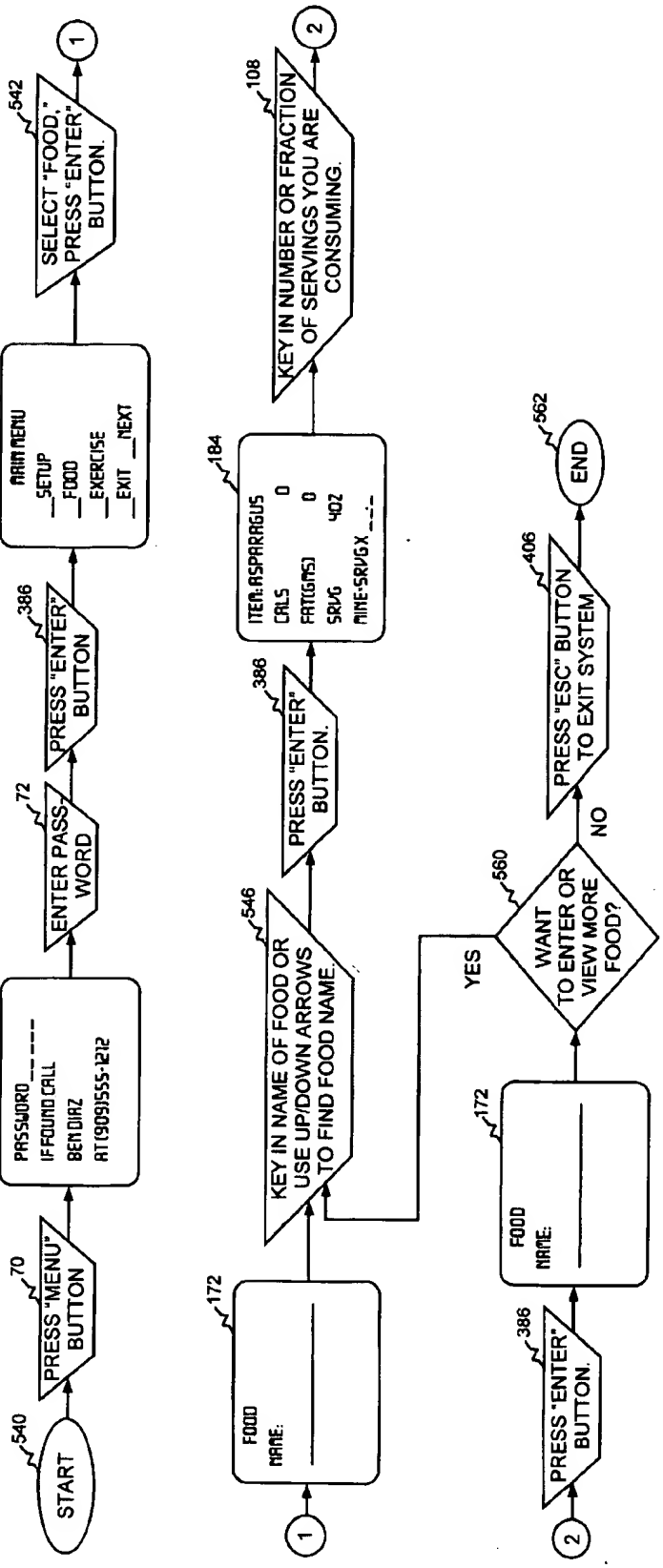
START
540
PRESS "MENU" BUTTON
70
PASSWORD _ _ _ _
IF FOUND CALL
BEN DIAZ
AT (909)555-1212
76
ENTER PASS WORD
72
PRESS "ENTER" BUTTON
386
MAIN MENU
_SETUP
_FOOD
_EXERCISE
_EXIT _NEXT
90
SELECT "FOOD," PRESS "ENTER" BUTTON.
542
1
FOOD NAME: _____
172
KEY IN NAME OF FOOD OR USE UP/DOWN ARROWS TO FIND FOOD NAME.
546
PRESS "ENTER" BUTTON.
386
ITEM:ASPARAGUS
CALS 0
FAT(GMS) 0
SRVG 4OZ
NAME:SRVG X _._
184
KEY IN NUMBER OR FRACTION OF SERVINGS YOU ARE CONSUMING.
108
2
YES
WANT TO ENTER OR VIEW MORE FOOD?
560
NO
PRESS "ESC" BUTTON TO EXIT SYSTEM
406
END
562
FOOD NAME: _____
172
PRESS "ENTER" BUTTON.
386
2

Fig 10

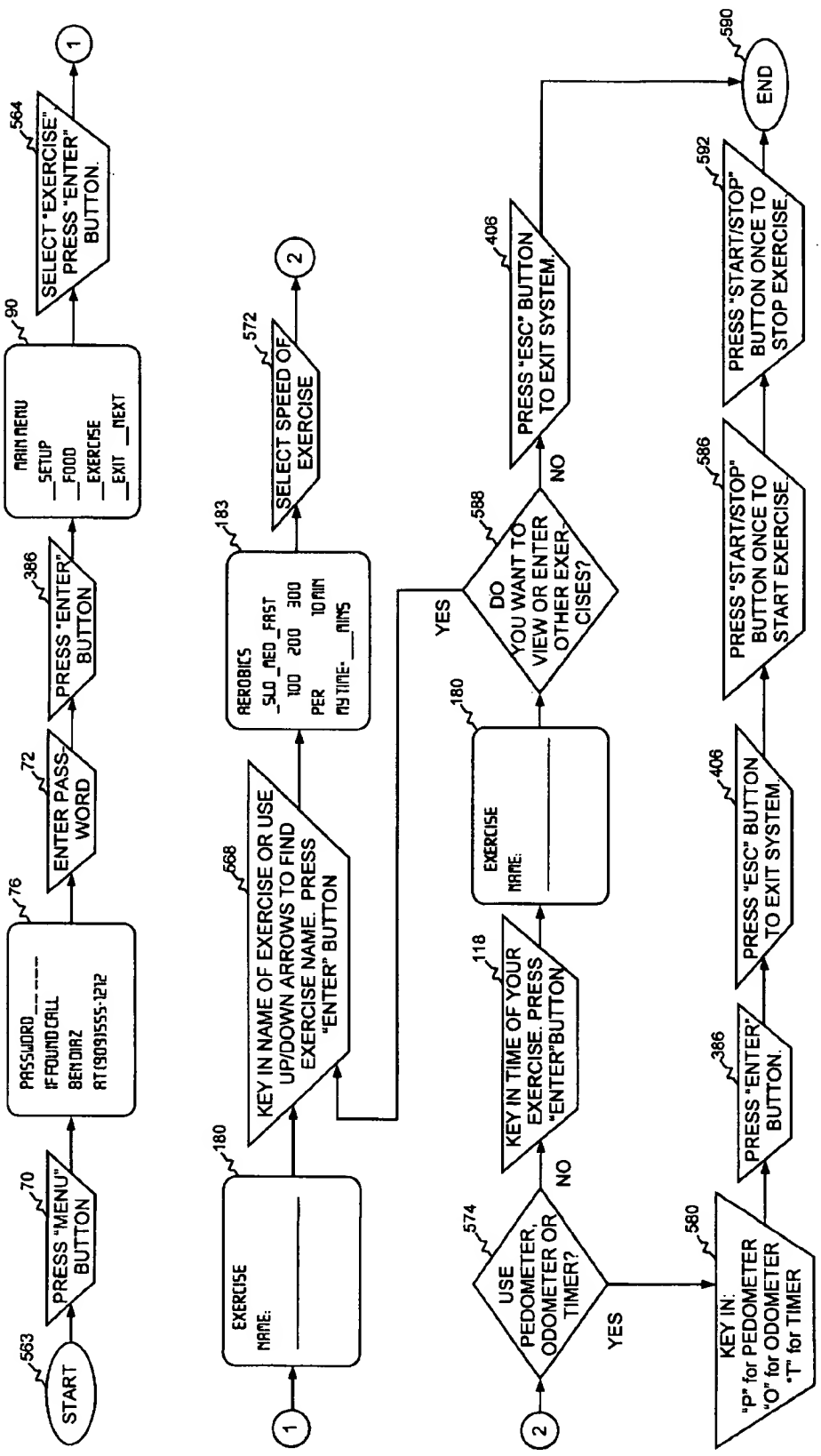
563
START
PRESS "MENU" BUTTON
70
PASSWORD____
IF FOUND CALL
BEN DIAZ
AT (909)555-1212
76
ENTER PASS WORD
72
PRESS "ENTER" BUTTON
386
MAIN MENU
_SETUP
_FOOD
_EXERCISE
_EXIT _NEXT
90
SELECT "EXERCISE" PRESS "ENTER" BUTTON.
564
1
1
EXERCISE NAME: _____
180
KEY IN NAME OF EXERCISE OR USE UP/DOWN ARROWS TO FIND EXERCISE NAME. PRESS "ENTER" BUTTON
568
AEROBICS
_SLO _MED _FAST
100 200 300
PER 10 MIN
MY TIME-___MINS
183
SELECT SPEED OF EXERCISE
572
2
2
USE PEDOMETER, ODOMETER OR TIMER?
574
NO
KEY IN TIME OF YOUR EXERCISE. PRESS "ENTER" BUTTON
118
EXERCISE NAME: _____
180
YES
DO YOU WANT TO VIEW OR ENTER OTHER EXERCISES?
588
NO
PRESS "ESC" BUTTON TO EXIT SYSTEM.
406
END
590
YES
KEY IN: "P" for PEDOMETER "O" for ODOMETER "T" for TIMER
580
PRESS "ENTER" BUTTON.
386
PRESS "ESC" BUTTON TO EXIT SYSTEM.
406
PRESS "START/STOP" BUTTON ONCE TO START EXERCISE.
586
PRESS "START/STOP" BUTTON ONCE TO STOP EXERCISE.
592

Fig 11

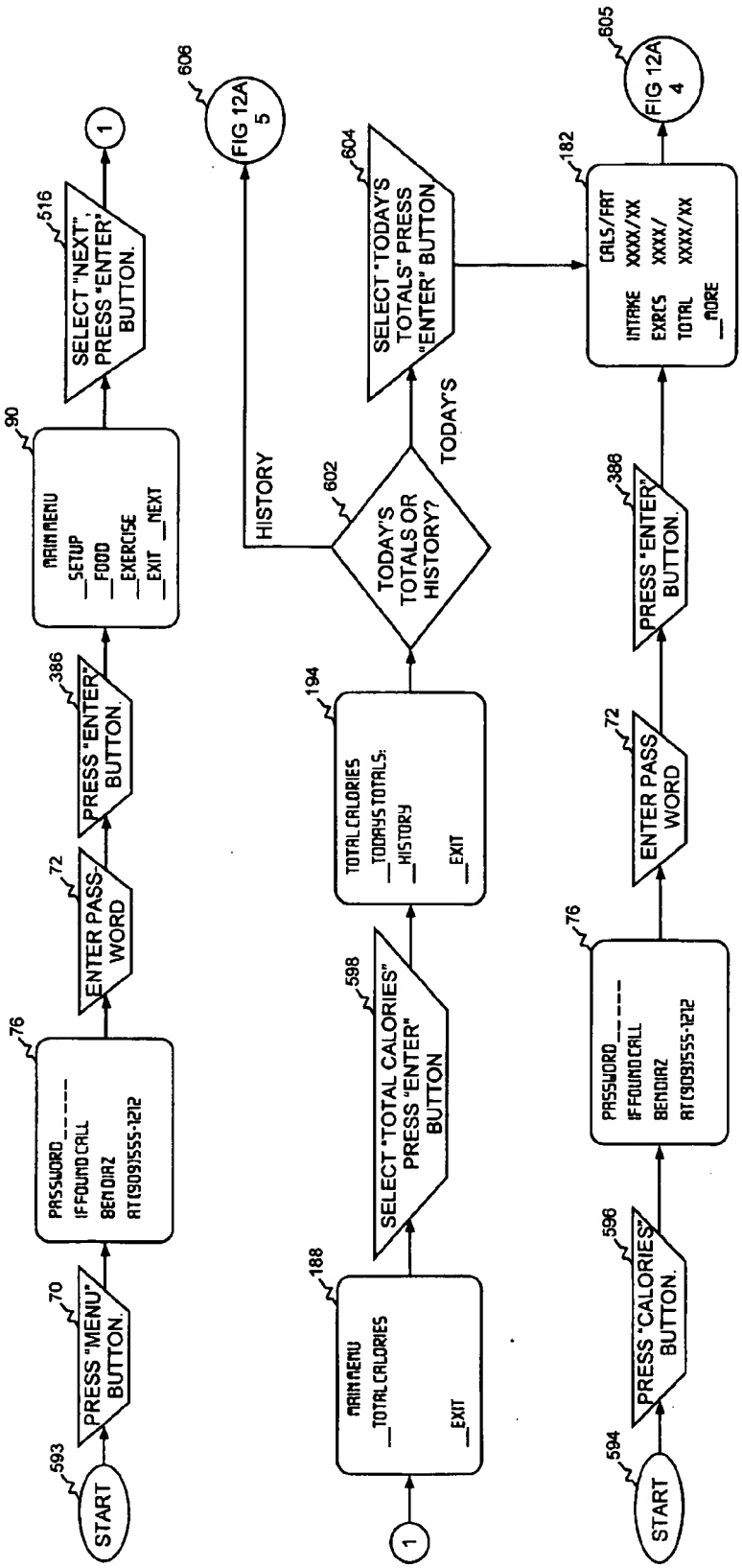
593
START
70
PRESS "MENU" BUTTON.
76
PASSWORD _____
IF FOUND CALL
BEN DIAZ
AT (909)555-1212
72
ENTER PASS-WORD
386
PRESS "ENTER" BUTTON.
90
MAIN MENU
_SETUP
_FOOD
_EXERCISE
_EXIT _NEXT
516
SELECT "NEXT"; PRESS "ENTER" BUTTON.
1
606
FIG 12A 5
HISTORY
602
TODAY'S TOTALS OR HISTORY?
TODAY'S
604
SELECT "TODAY'S TOTALS" PRESS "ENTER" BUTTON
194
TOTAL CALORIES
_TODAYS TOTALS:
_HISTORY
_EXIT
598
SELECT "TOTAL CALORIES" PRESS "ENTER" BUTTON
188
MAIN MENU
_TOTAL CALORIES
_EXIT
1
182
CALS/FAT
INTAKE XXXX/XX
EXRCS XXXX/
TOTAL XXXX/XX
_MORE
605
FIG 12A 4
386
PRESS "ENTER" BUTTON
72
ENTER PASS-WORD
76
PASSWORD _____
IF FOUND CALL
BEN DIAZ
AT (909)555-1212
596
PRESS "CALORIES" BUTTON.
594
START

Fig 12

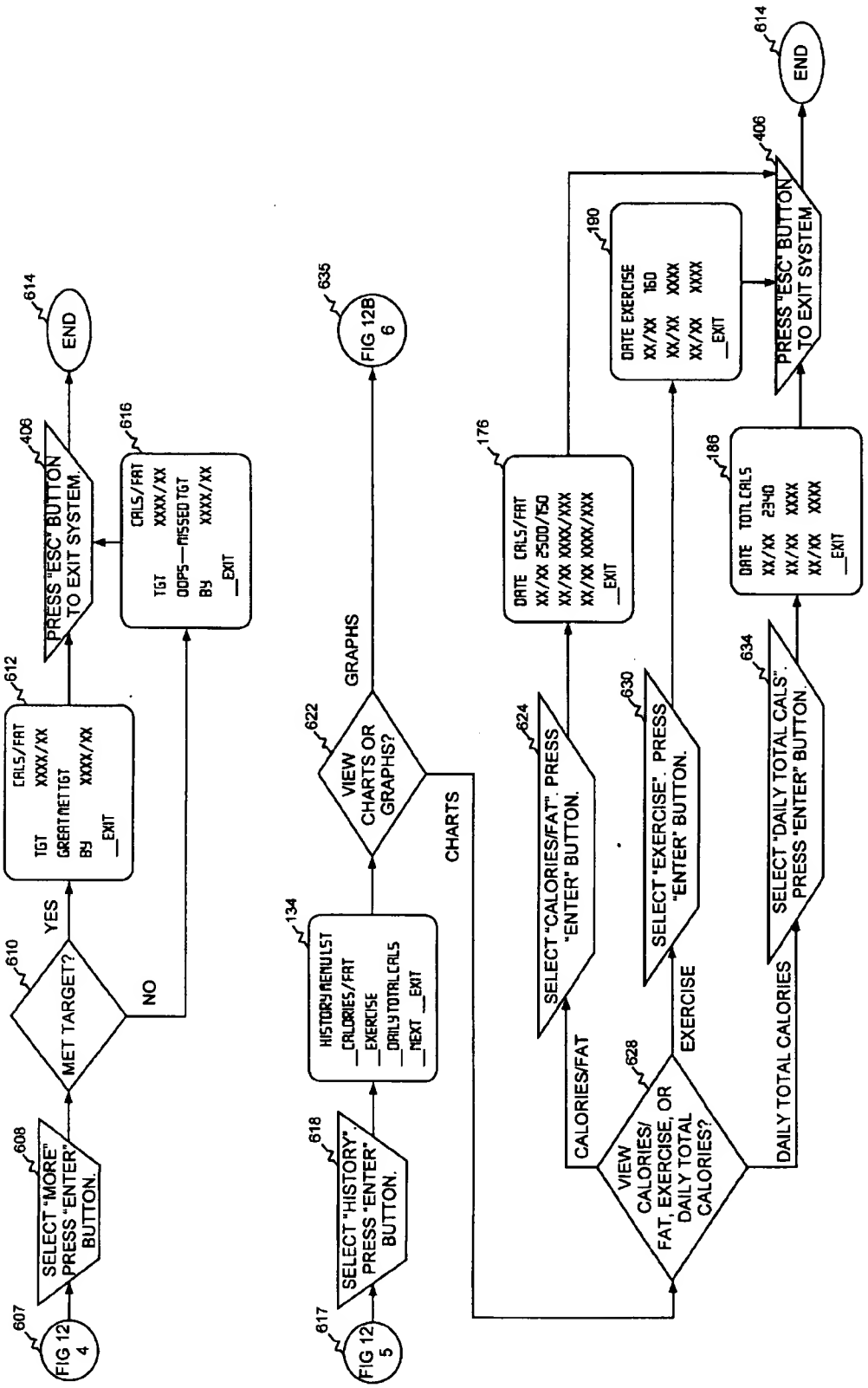
607
FIG 12 4
608
SELECT "MORE" PRESS "ENTER" BUTTON.
610
MET TARGET?
YES
NO
612
CALS/FAT
TGT XXXX/XX
GREAT! MET TGT
BY XXXX/XX
_EXIT
406
PRESS "ESC" BUTTON TO EXIT SYSTEM.
614
END
616
CALS/FAT
TGT XXXX/XX
OOPS—MISSED TGT
BY XXXX/XX
_EXIT
617
FIG 12 5
618
SELECT "HISTORY" PRESS "ENTER" BUTTON.
134
HISTORY MENU LIST
_CALORIES/FAT
_EXERCISE
_DAILY TOTAL CALS
_NEXT _EXIT
622
VIEW CHARTS OR GRAPHS?
GRAPHS
CHARTS
635
FIG 12B 6
628
VIEW CALORIES/ FAT, EXERCISE, OR DAILY TOTAL CALORIES?
CALORIES/FAT
EXERCISE
DAILY TOTAL CALORIES
624
SELECT "CALORIES/FAT". PRESS "ENTER" BUTTON.
630
SELECT "EXERCISE". PRESS "ENTER" BUTTON.
634
SELECT "DAILY TOTAL CALS". PRESS "ENTER" BUTTON.
176
DATE CALS/FAT
XX/XX 2500/150
XX/XX XXXX/XXX
XX/XX XXXX/XXX
_EXIT
180
DATE EXERCISE
XX/XX 150
XX/XX XXXX
XX/XX XXXX
_EXIT
186
DATE TOTLCALS
XX/XX 2340
XX/XX XXXX
XX/XX XXXX
_EXIT
406
PRESS "ESC" BUTTON TO EXIT SYSTEM
614
END

Fig 12A

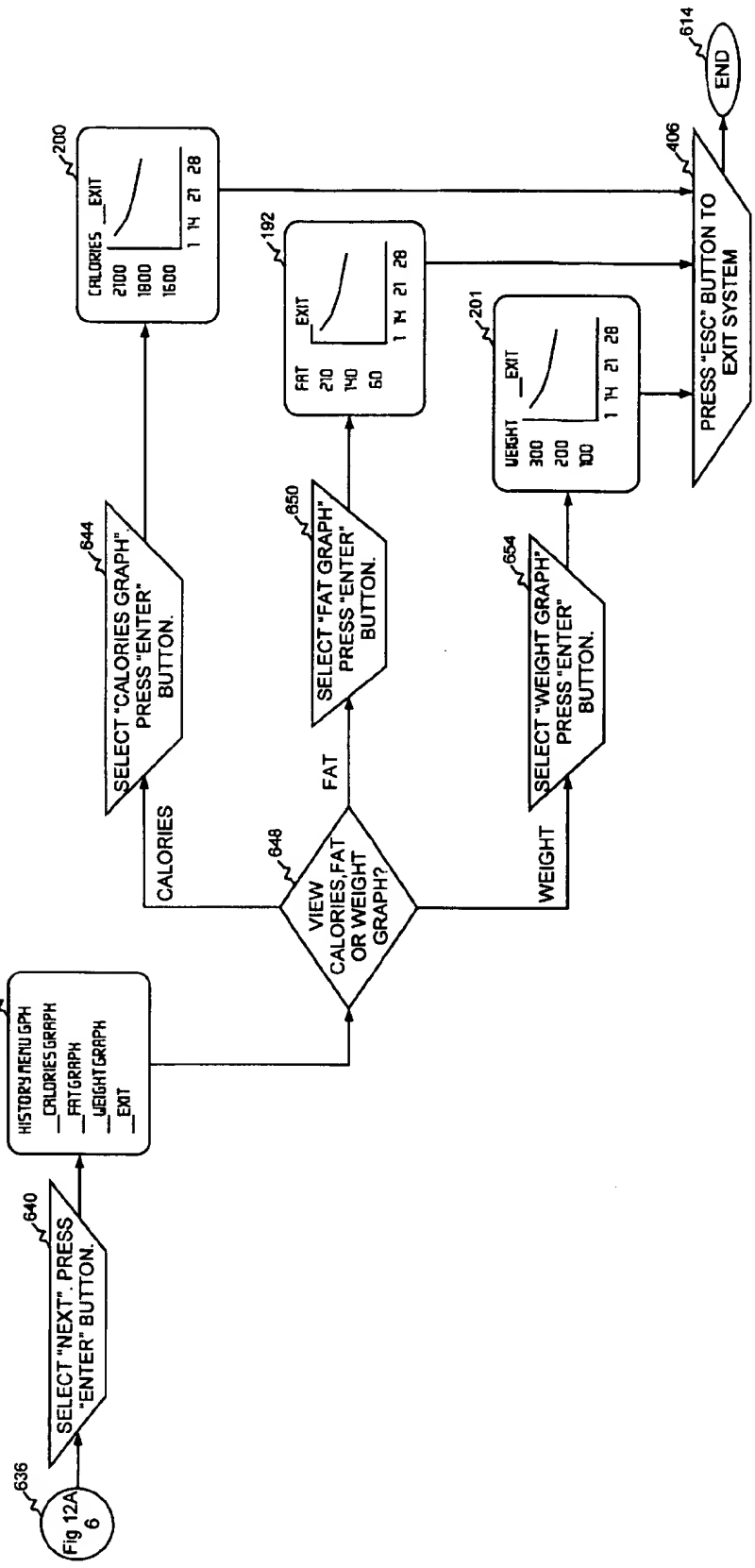
636
Fig 12A 6
SELECT "NEXT". PRESS "ENTER" BUTTON.
640
138
HISTORY MENU GPH
_CALORIES GRAPH
_FAT GRAPH
_WEIGHT GRAPH
_EXIT
VIEW CALORIES,FAT OR WEIGHT GRAPH?
648
CALORIES
FAT
WEIGHT
SELECT "CALORIES GRAPH". PRESS "ENTER" BUTTON.
644
SELECT "FAT GRAPH" PRESS "ENTER" BUTTON.
650
SELECT "WEIGHT GRAPH" PRESS "ENTER" BUTTON.
654
200
CALORIES _EXIT
2100
1800
1600
1 14 21 28
192
FAT _EXIT
210
140
60
1 14 21 28
201
WEIGHT _EXIT
300
200
100
1 14 21 28
406
PRESS "ESC" BUTTON TO EXIT SYSTEM
614
END

Fig 12B